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FREE

SEPTEMBER 11, 2014



GUITAR HEROES

Steve Howe and Frank Turner talk about their upcoming gigs

Inside



Playing the oyster card

Do's and don'ts of those heroes on the half-shell **P64**



First class arrivals

New principal, new principles at Docklands school **P3**

PLUS

Drawing power from rooftops

P6



Invasion fleet

Tall Ship Thalassa sails up the Thames with Canary Wharf in the background. More than 50 Tall Ships from around the world took part in the a grand gathering over the weekend. **Pictures / Page 4-5, 68**

Even Rahman's own people ask him to change his mind

Reprieve for charity as mayor rethinks bid choice

Giles.Broadbent
@wharf.co.uk

The mayor of Tower Hamlets has been urged to reconsider his decision to give a key contract to a national organisation at the expense of a small Isle of Dogs disabled charity.

The reprieve could save jobs at Real which employs disabled people to deliver services to the community.

A 500-signature petition was presented by 40 protesters to a Town Hall meeting where there was a rare show of unity.

Continued on Page 7



Protesters outside the Town Hall

SPECIAL FOCUS Examining what's on offer in the independent education sector **FROM P14**



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WEATHER

21C TODAY
Mostly cloudy

22C FRIDAY
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22C SATURDAY
Partly cloudy

23C SUNDAY
Warm and cloudy

22C MONDAY
Partly cloudy

TRAVEL

TUBE & DLR
Jubilee line and DLR are fine. There are some closures on the Overground.

ROADS
No unusual problems are foreseen.

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Agenda

How my xxx email sent censors wild

An email from me to a friend at a fellow Canary Wharf institution was blocked due to "inappropriate language content". I was so excited! I've always dreamt of being inappropriate.

I blame all the American teen dramas and Sunday night seipia murder mysteries I've watched. The climax of the story is always the big reveal: the shocking confession, the big twist, the one that sees the star become the centre of attention.

In real life I'm not the long lost daughter of a multi-billionaire oil baron, nor am I secretly a man (not the last time I checked), or a twin

BLONDE'S EYE VIEW



ANGELA CLARKE

(ditto), nor am I about to ditch my dynastic arranged marriage and run off with the hot gardener. I don't have anything inappropriate to say.

I'm the tiresome drunk who interrupts dinner conversation to interject: "Yeah, yeah, yeah, but listen: I was stood in Boots and I split my tights. Right up the back." (Pause). "Oh, we're talking about mortgages again. OK. Pass the Chablis, doll. Thanks."

I micro-manage my inappropriateness. I'm building up to something huge. Like: I'm not eating broccoli anymore. (It's a work in progress.)

But my email blockage left me confused. I'd used no bad language,

nor anything that could be construed to be rude (like another friend's discussion about mini cars that was blocked because mini comes before the word skirt.) I had none of that. No mini (cars), nor (blue) tits, nor (water) butts, nor (J)Law.

I'd been flagged as dodgy because I'd signed off the email with three kisses. The mere mention of xxx and the computer went into XXXrated seXXX overdrive. Because, of course, genuine affection between Wharfers isn't just inappropriate, it's unheard of.

Follow Angela on Twitter:
@TheAngelaClarke

London Eye

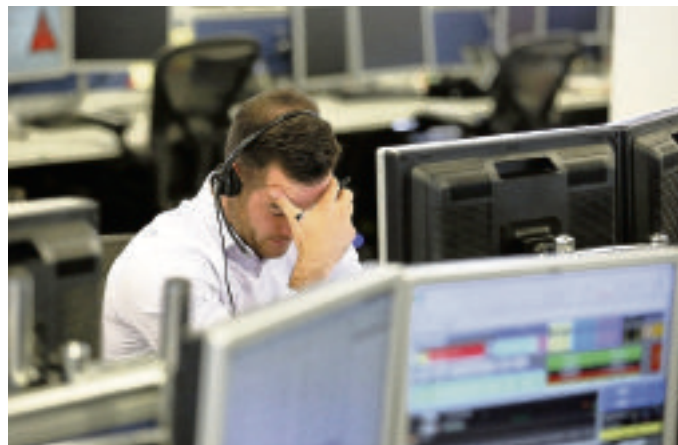


Tour guide John Bennett speaks during the Jack the Ripper guided walk in the East End. The identity of the Ripper has been revealed through DNA traces found on a shawl, according to an author whose book is out this week. The true identity of Jack the Ripper, whose grisly murders terrorised the murky slums of Whitechapel in 1888, has been a mystery with dozens of suspects. **More on Page 8**

London gallery

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A trader sits at his desk at IG Index on Tuesday. Top shares fell as weaker energy stocks weighed, extending the previous day's retreat on concerns that Scotland could vote to leave the UK.



GETTY

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Fashion

How to mix and match (with prices as well as pieces)



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Health

Stay flexible and think about a yoga retreat in the hills

67

Travel

A stay at the Celtic Manor Resort – in all its garish glory



Corrections & Clarifications

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First class start at school that takes broader view

EDUCATION

Lessons directly linked to needs of Royal Docks firms, says head

Beth.Allcock
@wharf.co.uk

Creating an exciting learning environment at Oasis Academy Silvertown requires much more than excellent exam results, according to its first principal.

Charles Claxton, who is at the helm of the new Royal Docks free school which opened on Monday, has tried to "get under the skin" of its diverse community to understand the area's heritage and its burgeoning business development.

These links have informed the school's 30-hour-a-week curriculum and its "Think Global, Act Local" ethos.

The initial intake of 82 Year Seven pupils will spend half their time on core subjects - with a twist.

What is the school's philosophy?

"We want to make sure that we are taking the curriculum out of the door and into the world."

Charles Claxton

Maths and computing classes have been joined to better cater for employment demands in areas like coding, while science and technology will no longer be studied in isolation to chime with a nationwide focus on Stem (science, technology, engineering, maths).

Mr Claxton said his personal "turning point" came when he realised there was a demand from Newham employers for staff with skillsets that were missing in the community.

"The Royal Docks is an incredibly diverse area with a really rich heritage, but [I have to consider] the circumstances of the area and the direction it's taking," he said.

"That's the world our young people are growing up in.

"We want to make sure that as well as getting results, we are taking the curriculum out of the door and into the world, so they are learning



The Year Seven starters with teaching staff at the Oasis Academy, below, with principal Charles Claxton at the helm



with people from City Airport, Barclays and Excel.

"It has been a challenge because we need to meet the needs of the curriculum, and we don't want to have something wacky the kids don't think is good enough.

"It's over and above the national curriculum and at the same time geared on skills they are going to need."

A focus on local partnerships has seeped into the 15-hour non-core allocation.

Spilt into five, three-hour chunks, pupils can take advantage of links with Rosetta Arts for creative classes, fitness at UEL's Sports Dock or language sessions in Chinese or German.

These two languages, added Charles, could answer the needs of Siemens' Crystal and the Chinese Advanced Business Park, both potential Royal Docks employers.

"It's very easy to talk about raising aspirations - I can't think of a single school that would say they are not trying," he said.

"But in terms of the practical steps I can't think of a school that has more in place to provide students and families with the tools to get out and change their circumstances."

For information on Open Days, starting this month, go to oasisacademysilvertown.org.

KAY LOCKETT

NEWS IN BRIEF

People in the news

Sting and Simon set for O2 date

GREENWICH Those who like their folk music with a little bit of a Sting will be hitting the



phones tomorrow (Friday) to land tickets to a musical delight at The O2.

Paul Simon will be in concert with the Police singer in their critically acclaimed *On Stage Together* show on April 15 next year.

Dyer gets acclaim and takes a pop

EAST LONDON Actor Danny Dyer, Canning Town's oft-derided practitioner of the thespian arts, has at last attained popular acclaim.

Dyer won best actor at the TV Choice Awards for his portrayal of Queen Vic landlord Mick Carter, one of four awards for *EastEnders* including best soap.

But the moment of victory was ruined when he had a four-letter spat with host David Mitchell, who apparently said something disparaging.



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More community news on Page 69

Picture special



FESTIVAL

Stunning Armada invades the Wharf

Photographer **Patrick Straub** captures the nautical flavour of Wood Wharf

BUSINESSES and tourist attractions across Greenwich reported busy days during the Tall Ships festival.

The festival, over a long weekend, welcomed more than 600,000 visitors to the borough to take in the huge programme of events on the water and the riverfront.

The festival ended with a dramatic Parade of Sail and fireworks.

Greenwich Cafe Rouge said sales were up 100% and the Coach and Horses said the festival had brought its busiest day ever.

In Woolwich business was also booming. Woolwich Travelodge reported it was booked throughout the entire festival and The Dial Arch Pub said business was up 40% on Sunday.

Leader of Greenwich Council Cllr Denise Hyland said: "The borough already welcomes more than 17million visitors a year. The tourism and associated trade contributes a £1billion to the local economy and helps support 14,000 local jobs."

"The Royal Greenwich Tall Ships Festivals is building on that success, and opens our shop window to an ever growing national and international audience."

Rachel Bishop




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MORE PICTURES / PAGE 68



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disappointment contact us to reserve your
party date. A booking deposit of £10 per person
is required and the balance is payable 3 weeks
in advance of the event.



Directions:

Canary Wharf Tube (10 minute walk)
Turn left at the top of Canary Wharf
Tubers Bridge, walk through the bridge
Place (Aldgate), across river bridge, turn
left for 200 metres and Aston's is just
before the end of the quay on right.

South Quay DLR (5 minutes walk)
Cross the foot, walk straight ahead
past the car booters towards
offices and then up a narrow set of
stairs to the corner in Aldgate Terrace.

Happy Christmas!

BUFFET MENU

Tomato, Basil & Mozzarella Bruschetta (v)
Cooked Sage & Onion Stuffing Balls
Oriental Sticky Chicken Drum Sticks
Mini Toad In The Hole
Mini Vegetable Wraps (v)
Fresh Pigs In Blankets
Ninco Pies
Individual Quiches (v)



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News

High Court slaps down mayor twice over actions

POLITICS

Giles.Broadbent
@wharf.co.uk

TOWER Hamlets is to push ahead with a legal challenge to Communities Secretary Eric Pickles' investigation into alleged impropriety at the Town Hall despite a judge calling the action "hopeless".

Mr Pickles sent in auditors PwC following a *Panorama* expose that alleged that Mayor Lutfur Rahman had influenced grant-giving to favour his own supporters.

Mr Rahman denies the allegation and sought a judicial review to test the validity of the inspection.

But High Court judge Mr Justice Parker ruled that the application was "unmeritorious" and the claim that Mr Pickles had exceeded his authority was "hopeless".

The council has not been deterred however. A spokesman said: "We note the comments of the deputy High Court judge and will now be proceeding to the next stage of this process, which is to apply for an oral hearing."

Meanwhile, judicial commissioner Richard Mawrey has rejected an application for an oral hearing in a second High Court action, this time over May's mayoral election.

Richard Mawrey QC said: "I do not intend to become bogged down in endless procedural wrangling."

Election petitioners are claiming that May's election was rife with voter fraud and intimidation – allegations that Mr Rahman denounces as "conspiracy theories".

Conservative group leader Cllr Peter Golds said: "Only in Tower Hamlets could two high court judges criticise the mayor in the same week."

Spiral Notebook / Page 8



Lutfur Rahman



READY FOR A FIGHT

■ Prince Harry chats with singer Dave Grohl and drummer Taylor Hawkins of the Foo Fighters at an Invictus Games Reception at the American Ambassador's Residence in London on Monday.
■ The Foo Fighters, along with Kaiser Chiefs, Ellie Goulding, James Blunt and other artists will play a spectacular sold-out concert at the closing of the Invictus Games at Stratford's Olympic Park on Sunday.

GETTY

BUSINESS

Anniversary of BGC 9/11 fundraiser

Beth.Allcock
@wharf.co.uk

CELEBRITIES will take to the trading floors in Canary Wharf today (Thursday) on a poignant fundraising mission.

Famous faces including Stephen Fry, Jools Holland and Sir Chris Hoy are joining forces with brokers at BGC Partners for its annual Charity Day, remembering the 658 Cantor and 64 Eurobrokers employees who died during attacks on the World Trade Centre in 2001.

So far, the partnership with Cantor Fitzgerald has secured more than \$100million globally.

Charities set to benefit from this year's flurry of activity in E14 include the Anthony Nolan Trust, Jamie Oliver Food Foundation and Marie Curie Cancer Care.

Shaun Lynn, president of BGC Partners, said: "2014 marks our 10th year of BGC Charity Day. This year we're looking forward to welcoming celebrity guests and charities and raising as much as possible for so many important causes."

■ See next week's edition of *The Wharf* for a full round up and pictures of the celebrities in action.

EY launches data challenge

BUSINESS consultants EY this week launched a data privacy tech startup challenge at Level39, Canary Wharf's technology accelerator.

The competition will seek answers to the implications of the EU's "right to be forgotten" data privacy proposals.

Six tech startups will be selected to work alongside EY to develop technologies surrounding data capture, processing and erasure.

The six will also receive access to EY clients, mentoring and guidance and masterclass sessions.

More at wharf.co.uk

Suntrap rooftops are lost source of power

GREEN

Jenny Jones argues capital needs to harness solar energy

Rachel.Bishop
@wharf.co.uk

Businesses and developers should be installing solar technology, the Green Party's Jenny Jones has said.

The London Assembly environment committee member said rooftops – of schools, offices and car parks – were an underused resource.

When asked if businesses in Canary Wharf should prioritise solar panels, she said: "Definitely. There is room there for them to do it, and although it is more difficult to install panels on tall, narrow buildings, it's still possible."



■ HSBC's Canary Wharf office features one of the largest installations of photovoltaic panels on a corporate office in London covering 617sqm.
■ The 422 solar panels will generate 1,550,000 kilowatt hours of green electricity over the building's lease – enough energy to power 20 average UK homes per year.

The latest incarnation of solar technology allows for photovoltaic panels directly fitted into the fabric of building glass and cladding materials.

Jenny added: "We need a cheerleader

for this. We need someone – and I think it should be Mayor of London Boris Johnson – to be out there telling businesses and residents what's there for them."

A spokesman for the Mayor of London said: "A recent report commissioned by the mayor found that although solar panels have a role to play in generating low carbon energy there is far less potential in London than other forms of low carbon energy."

Canary Wharf sustainability chief David Hodge said: "Efficiency is part of how we manage and plan sites as well as how we construct them. Our work on 25 Churchill Place is a prime example of where we have implemented initiatives such as solar PV and solar thermal panels that generate renewable energy."

"Our commitment is to design and construct buildings that are the most sustainable and energy efficient of their type."

sky

RIDE

Let's Ride Britain

Rides, events, tips. goskyride.com

I recognise concerns of protesters, says mayor

From Page One

Opposition councillors and members of the mayor's own Tower Hamlets First party formed an unlikely alliance to halt the contract.

They urged a re-run so that Real, based at South Quay's Jack Dash House, could re-state its case.

Real CEO Mike Smith, himself a wheelchair user, said that mayor Lutfur Rahman had been given insufficient evidence before he signed off on the deal to give Hertfordshire-based Pohwer the contract to deliver support services to the disabled.

He said: "I can understand that the council could be tempted to make such a big saving, but this is a false economy."

"The average annual price of the other seven bids was £326,500, so how can this one organisation deliver an equivalent service for only £199,206 without cutting corners?"

"We know that Real scored the most points for quality in the tendering exercise, so this is all down to a big national organisation bidding unfairly low."

"Staff are concerned that they won't keep their jobs if they transfer across to the new organisation."

In response, Mr Rahman said: "I await a further report from officers which will take account of the



Protesters meet with councillors outside the Town Hall where they won their case for a re-run

An easy decision – but one that could backfire

Spiral Notebook / Page 8

concerns raised at the meeting. I myself raised similar concerns as the petitioners when presented with the outcome of this process.

"I will review and reconsider my decision in the light of any new and legally relevant information."

Pohwer denied it would have to "cut corners" to meet its low bid.

Chief executive Damian Brady told *Disability News*: "Sometimes, with very good organisations one wins and the other doesn't."

"It might just mean that what we offer is better."

During the election campaign, the mayor pledged to ensure that 50% of council contracts went to local businesses and declared: "I believe disability should be no barrier to achievement."

However, he was told that the Pohwer bid was "economically advantageous" and any moves to revoke the contract could face a legal challenge from a charity that has extensive cash reserves.

Real is now waiting to see what happens next.

Mr Smith said: "The outcome was, we think, unprecedented in that

there was universal agreement to refer the matter back to the mayor for reconsideration. I guess there's quite a lot of pressure on the mayor to reconsider now but obviously it's up to him."

A council spokesman said: "Council officers advised that the procurement process had been conducted fairly and in line with all due legal process to select a provider for the service."

Mr Smith added: "It became clear through the questioning that the Mayor really had not been given all of the information necessary to make a fully informed decision. It was great to see local democracy working well."

NUMBERS



76.1%

Percentage of foreign born women who became mothers in Newham in 2013, the highest figure in the country. Tower Hamlets is ninth with **63.8%**. Greenwich's figure is **56.8%**. All the top 10 were London boroughs. Across the country the figure is **26.5%**.



57.7%

Percentage of children in Newham who are seeing a dentist. This is the lowest figure in the country. Tower Hamlets is 14 places above Newham at the bottom of the table with **50.6%**. Across the country, **52.4%** of adults and **69.1%** of children see a dentist.

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Notebook

A pox on our house as school plans become sick joke

The blazer had been dry cleaned, the new uniform bits from vests and pants to trousers and shirts purchased by the third week of the summer holidays.

I couldn't help but feel smug as I walked past the snaking queues outside the school uniform outfitter last weekend where a one-in-one-out policy was put in place to deal with the growing throng.

In the words of that well known epithetist Geri Halliwell: "Fail to prepare, prepare to fail."

Yes, I was feeling good. My new mantra was surely working.

Until the intervention of Fate.

That sneaky little Moirai who conjures up events outside a person's control simply couldn't bear to watch my forward planning come to successful fruition.

It started with a pimple in the middle of his tummy. Master A has always got some skin-related affliction from eczema to Molluscum Contagiosum, you name it, he's had it. Despite his complaints that the red spot was very itchy, I wasn't

WORKING MUM



TABITHA
RONSON

overly concerned. I went off to bed still basking in my master planning.

When Master A didn't surface at his normal 6am on Sunday, I was a little puzzled. When he still hadn't bounced into my room at 8am, I was troubled.

The face peeking out from under the duvet was like a giant pepperoni pizza, all red circles with yellow gunge tips. The body was covered in the red eruptions, too.

He looked exactly like a boy with whom I used to take English class who suffered with severe acne. I'm really not

looking forward to Master A's adolescent years.

Although I was certain I knew what the spots were, I phoned the NHS helpline who directed me to hospital. After three hours in an isolation room, we eventually saw an out-of-hours GP.

The diagnosis: chicken pox.

We're in week two. The blazer has yet to be worn. The new items of uniform still in their wrap. And Master A is climbing the walls.

Working Mum, vowing never again to gloat.

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Picking up the boos at a bargain basement Tesco

★ Greenwich has something of a troubled history when it comes to architectural innovation. Sir Christopher Wren of ORNC fame must look down and weep to see what has happened to the environs of his masterpiece.

Only a couple of years back, the Cutty Sark wavy revamp (which we happen to love) landed the Carbuncle Cup and now the monolithic monstrosity that is the Woolwich Central (aka Tesco) gets *Building Design* magazine's raspberry.

Fairweather friends have departed the scene. The royal borough's former head of planning Alex Grant said: "It may not be a carbuncle but it is a flawed project and I regret my role as its midwife."

Never fear the award will not go south of the river next year. But it won't travel far. Apparently Canary Wharf Group's 20 Fenchurch Street (the "Walkie Talkie") only sidestepped the booby prize this year because it is not technically finished. The voters jumped the gun such was their eagerness to trash the squeezed lozenge.

Still, gives CWG a year to think of a tart response when, as seems likely, it heads north of the river in 2015.



Dr Jari Louhelainen tests a shawl that, he says, puts Aaron Kosminski in the frame

Jack's ID is a shawl thing

★ What's that sound? The weeping and wailing of the Jack The Ripper conspiracy industry now that author Russell Edwards has nailed the East End slasher's identity. At last.

According to DNA from a shawl of victim Catherine Eddowes, the fog-bound madman is Aaron Kosminski, a 25-year-old Jewish immigrant who fittingly died in a lunatic asylum.

All settled then. Nothing to see here.

So what's that sound? Experts pooh-poohing the conclusions. Excellent. Everyone back to work.

SPIRAL NOTEBOOK

By Giles Broadbent

Mayor will be pushing at an open door

Tower Hamlets charity Real has a strong chance of claiming the disabled services contract that was initially won by out-of-towners Pohwer.

Lutfur Rahman's Tower Hamlets First party was unlikely to join with the opposition to force their boss back to the table without clearance from the man himself. Mr Rahman has already made concessionary noises in response to the prospect of a re-run, which also bodes well.

And the "explanation" – that he was given insufficient information when the bid came for his signature – provides the political wiggle room.

But there is an alternative narrative. Pohwer – which won legitimately remember –

What if Pohwer threatens to take legal action over a U-turn

threatens to take legal action over the fumbled tender and the mayor is advised that a re-run is untenable.

Now the mayor is exposed. For he has dug deep into council coffers in his rather unseemly legal battle against those trying to investigate his competence.

It would be unconscionable for Real to see their mayor declaring he has no stomach for a legal fight for any cause except saving his own skin.

The difference between Pohwer's bid of £199,206 and Real's more typical £326,500 is £127,000.

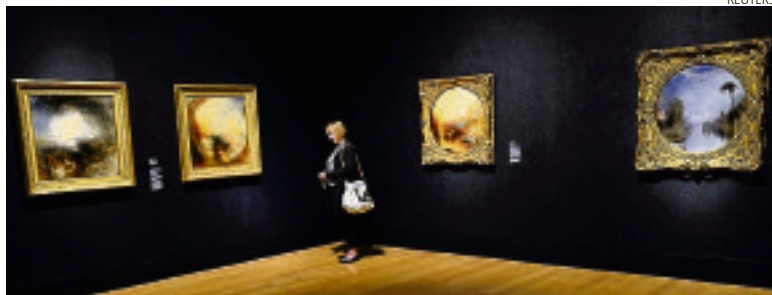
Hey, that figure rings a bell, doesn't it? Inconveniently for the mayor, it is the size of the tax payer's donation to his shameless self-preservation society. Money that would be far better spent supporting disabled workers in jobs than fighting a cause that a judge has denounced in part as "hopeless".

Follow Giles
Broadbent on Twitter
@MediaGulch



What's On

How Turner squared up to the oblong tendency



An art lover studies paintings by JMW Turner at Tate Britain

ART

Giles Broadbent
@wharf.co.uk

For the longest time pictures were brick-shaped. Photographs in an album and portraits on the wall were often pre-figured to the Golden Ratio, that pleasing aspect that had mathematical as well as aesthetic qualities.

When Instagram came along it was decided by the cognoscenti that the "square was the new rectangle".

But Instagram itself was calling on the retro feel of the 1960s Kodak Instamatics. As always what was new, was old, refashioned.

JMW Turner (1775-1851) got their first. Or at least got there earlier. The perennial innovator produced a series of square canvases later in his life and the very squareness of the squares had the Squares reaching for their smelling salts.

He came under fire in the press, his audiences were shocked and mystified and even friend and critic John Ruskin said the old man's work was "indicative of mental illness".

For the first time ever Turner's square oil paintings are shown together in *Late Turner: Painting Set Free*, the blockbuster exhibition at Tate Britain.

Co-curator David Blayney Brown said: "All of these paintings are of extraordinarily imaginative subjects and they take us deep into Turner's psyche."

The exhibition sets out how to show that Turner's last 16 years (1835-50) were a golden age where the driven painter was able to call on a lifetime's worth of skill and memory to liberate his craft and push it into untried areas.

Co-curator David Blayney Brown said: "In his later years Turner was as inventive in his approach to media, materials and ways of working as he was in his subject matter."

Until Jan 25, Tate Britain, £15, tate.org.uk.

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What's On continues on P11



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What's On

7 days ahead

Highlights of the week



STAGE

Ghost From A Perfect Place

Arcola Theatre

★ Two decades on from its blistering premiere, Philip Ridley's dark comedy receives a timely revival.

Former east London gang leader Travis Flood returns to his old patch to find himself up against a new kind of opponent – a mob of girls. Their leader, Rio, immediately captivates him, with shocking consequences.

Until Oct 11, £19, 7.30pm, arcolatheatre.com.



CABARET

It's Your Funeral

Bethnal Green Working Men's Club

★ Creepy and hilarious, *It's Your Funeral* will explore a different approach to death.

This monthly theatrical New Orleans funeral experience of twisted humour and morbid performance invites people to celebrate, show their sympathies, and share stories of the dearly departed.

Sept 11, £10, itsyourfuneralparty.com.

STAGE

Watching The Living

Greenwich Theatre

★ Two classic short stories from the queen of atmosphere Daphne du Maurier are brought to life on the Greenwich stage this weekend.

A widower husband, suddenly freed, sees an apple tree grow into a macabre shape; and a neglected housewife becomes the obsession of a photographer – two twisted tales of love and marriage.

Sept 13-14, £21, £7.30pm, greenwichtheatre.org.uk.

I've been doing this for 50 years so I don't fret

MUSIC

Top guitarist sheds the supergroups for a stripped-back gig

Rachel Bishop
@wharf.co.uk

A guitarist who has spent his career playing the grandest venues with the most elaborate music is stripping it all back for his one London gig.

Steve Howe, named best guitarist for five years in a row (1977-81) by Guitar Player magazine, has stepped away from the Yes juggernaut for a one-man show at the Stratford Circus.

His solo UK tour follows a hugely successful return tour last year with the Steve Howe Trio.

He's been part of the shifting Yes landscape for more than four decades but has always found time to develop his own solo work, shifting seamlessly between styles – and guitars.

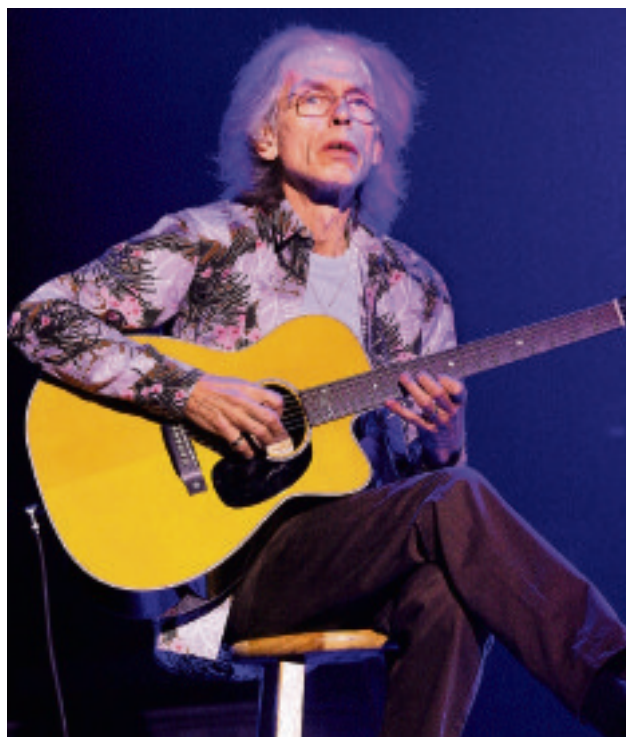
The laid-back string picker will play familiar pieces and his own creations, but the extensive Yes canon will be present. Plum tracks include *Solitaire* from Yes' *Fly From Here* album, *The Golden Mean* as well as various new arrangements of the band's standards.

He told *The Wharf*: "I'll be playing all sorts of different pieces for the show – including some blues, which many people may not know I play. I was in a blues band when I was much younger starting out."

He will also share a few stories with the audience from his decades in the music business which saw him play with Yes in four chapters over 44 years.

"I'll try to keep the talks within a reasonable amount of time," said the 67-year-old.

"Initially I didn't say a word on stage – for three decades – but then



Steve Howe is one of the greatest guitarists Britain has produced

I got to doing a little introduction and then some public speaking at workshops, most of which were for young, aspiring guitarists."

Speaking about returning to solo work he said: "I returned from tour in June and got back into solo guitar. It was really refreshing. I love working in a group, but you always have to compromise."

While Steve is best known as guitarist for Yes, he has a well-established solo career boasting 22 albums and has also been a member of The Syndicats, Bodast, Tomorrow, Asia and GTR – all without one guitar lesson.

He once said: "One of the questions I've been asked a lot in the last four years is how do I switch from Yes to Asia and then back again. Is there some little switch I have to turn off?"

"I say, 'I just change clothes and change guitars and go out and play.'"

He has a studied, meditative air to his playing, which he hopes to bring to his intimate Stratford gig.

"I like to think I'm getting better as I get older," he said. "I've been playing for 55 years now, so I hope I'm doing something bloody right."

Sept 17, 8pm, £18-£30, Stratford Circus, stratford-circus.com.

3 of a kind

London Film Festival

The programme for the London Film Festival (Oct 9-19) has been unveiled. Here are three big-hitting headliners. Go to bfi.org.uk/lff



1 The Imitation Game

After Stephen Hawking, Benedict Cumberbatch takes on another genius – tortured mathematician Alan Turing at three stages of his life as he grapples with the German Enigma machine, and his homosexuality.

2 Mr Turner

Mike Leigh's exultant portrait of JMW Turner won star Timothy Spall the best actor prize at Cannes. The creative team manage to express the artist's brutish interiority as well as evoking his lush landscapes as the life of the genius is put under the microscope.



3 Fury

Brad Pitt produces and stars in David Ayer's scintillating war-time action film which encapsulates the human drama of a crew of Sherman tank Fury behind enemy lines as seen through the eyes of an innocent newcomer.

FURTHER AFIELD



★ Tamzin Outhwaite and Angela Griffin's married couple can't make children on their own. So they drag Nicholas Burns' under-achieving brother Jimmy into action, with the blessing of his girlfriend Sharon (Jemima Rooper) in Tamara Harvey's modern comedy *Bredders* at St James Theatre. Until Oct 4, £15-£37, stjamestheatre.co.uk.

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What's On

I've toured half my life – and I have no plans to slow down

INTERVIEW Frank Turner heads to Blackheath, writes **Andy Welch**

There's no objective measure for the oft-claimed title "the hardest-working man in showbiz" but you can bet Frank Turner would be a contender.

The folk-punk singer has been touring in one shape or another for the past 16 years.

He's been on the road again and pitches up at On Blackheath, the two-day festival that he headlines along with Massive Attack and Grace Jones.

And it's a must-see gig for fans because he and the band are going to be playing all-new songs in preparation for recording their sixth album.

"We're going into the studio in

October," he said. "I've long had the feeling I'm yet to make a record that captures what we sound like live.

"You can think about methodology and studio craft all you want, but why not just go into the studio on the back of a tour when we're sounding great?"

"And I've got way too many songs for an album – 19 at last count – so we're going to play lots of them, and we will work out what to put on the record from that.

"Not that I'm going to be saying, 'That went down well, let's put it on the record', but I'll get a good idea from crowd reaction and from playing the songs each night."

His next album, he expects, will

be released at the end of February, and will feature one song called *Love Forty Down*, a metaphor for being in your 30s and being "rubbish at relationships", inspired by hearing some friends playing table tennis one night.

There's not much sign of this workload stopping. Despite 2014 seeing him play all over the world, Turner's team are currently booking shows, provisionally at least, for 2016.

"I live a life that revolves around album cycles, and those shows are written in pencil rather than pen, but yeah, it's all being planned," he said. "And I wouldn't have it any other way. I did my first tour in 1998, which



was 16 years ago, and now I'm 32, so yeah, half my life on the road. I think we celebrated with another gig, which seemed about right."

Turner was born in Muharraq in Bahrain. His father was a banker and was on a posting to the Middle East in the early 1980s, and Turner lived there for the first six months of his life.

"The main impact that it has on my life is that the place of birth on my passport is Muharraq. Try getting into the US with Muharraq written on your passport," he said.

His grandfather, Sir Mark Turner, was once chairman of high street chain BHS, while his father, Roger, worked in investment banking, and his mum Jane is a primary school headteacher.

The life of a travelling folk singer perhaps seems unlikely for a former Eton pupil (Turner studied alongside Prince William at the elite school), and much has been made in the past of his background and political beliefs.

Turner describes himself as a "classic liberal" in line with many modern libertarians but, as he gets older, he

Do you live the life of a rock star?

I live a life that revolves around album cycles, and those shows [in 2016] are written in pencil rather than pen, but yeah, it's all being planned. And I wouldn't have it any other way.

says he's less inclined to share his politics at all.

For now, at least, he's concerning himself with his music – "The only thing I'm really interested in" – and preparations for album six.

"I have a title but I can't tell you what it is," he said, though he will reveal it'll be an upbeat collection, after the break-up confessional of *Tape Deck Heart*.

"I want it to be shorter, too. We did a deluxe album for the last one, which seems confused to me in retrospect," Turner said. "I want the next one to be a 12-track album – simple and direct."

DETAILS



■ **Frank Turner and the Sleeping Souls** head the main stage on Sunday at the On Blackheath festival.

■ **On the same day audiences can see Imelda May, Levellers, and Athlete among others.**

■ **On Saturday, Grace Jones, pictured, heads the bill with Massive Attack.**

■ **Gilles Peterson** hosts the Worldwide Stage and there are DJ sets from Boiler Room and Bradley Zero.

■ **On the Village Stage** the Chris Holland All-Star Band has special guests Glenn Tilbrook and Chris Gifford.

■ **Go to onblackheath.com** for more details of the music line-up, activities for children and the special food and drink offerings.



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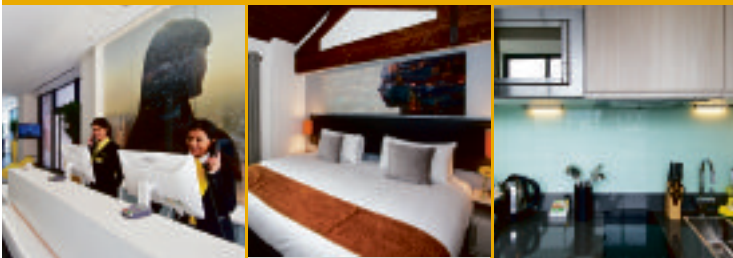
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Frank Turner, pictured below with *The Sleeping Souls* aims to test out material for his sixth album at the On Blackheath festival

DIARY DATES

★ Educational charity Bow Arts has embraced Tower Hamlets' brutalist Balforn Tower as inspiration for a series of interactive events and activities running until October.



Balforn Season includes walks through east London via the Balforn Tower.

Inside Flat 135, Lucy Harrison can be found hosting both supper clubs and displaying Home On High, a project forged in collaboration with residents of the Brownfield Estate.

Design and drawing workshops, Open Studio weekends and a design exhibition by RCA master silversmith Haidee Drew all add to the schedule. Go to balfornseason.com.

★ A remastered film that was entirely shot in Henry VIII's birthplace of Greenwich will be screened for the first time this weekend.

Monarch, originally created by director John Walsh 20 years ago, follows one day in the life of the king, played by TP McKenna.

John said: "It is enormously gratifying that the film is getting this second chance to be seen and appreciated by audiences more familiar now with costume dramas from *Downton Abbey* to *Game Of Thrones*."

Sept 14, 3pm, £9.50, Tricycle Theatre, Kilburn, monarchfilm.com, tricycle.co.uk.

★ Following a successful run at the Edinburgh Fringe Festival the chanteuse of cabaret Lili la Scala brings **Another F****g Variety Show** to the London Wonderground.



A representative for Lili la Scala said:

"Lili is one of cabaret's most in demand artists, able to whip the audience into a frenzy with her delicious blend of diva antics, big notes and stunning costumes. 'She'll have you eating out of the palm of her beautifully manicured hand with one skip of her sparkly heels.'"

Sept 19, 27, 9pm, London Wonderground, £16.50, londonwonderground.co.uk.

Hoffman is flawless as still centre of spy game

SCREEN

A Most Wanted Man

(15) 122mins

Anton Corbijn's sombre spy film is dressed in graffitied concrete, kebab shop neon and cold steel blue.

Into this drab Hamburg setting, Philip Seymour Hoffman fits perfectly. His spymaster Gunther Bachmann has the camouflage of a schlub middle manager – greasy hair, nicotine fingers, whisky breath. He barely speaks above a whisper and rarely shifts beyond an amble. But his mind is sharp and wise.

Gunther is the spy game's Columbo – always overlooked, always right – and Hoffman is flawless as his reality. Corbijn, correctly, hangs the camera relentlessly on this haunted man in an otherwise anonymous one-paced, televisual thriller which takes the slow compilation of tiny victories and turns them like a tourniquet.

We are, of course, in classic John Le Carre territory. The espionage game as office politics. Deception as currency.

A half-Chechen, half-Russian husk



Robin Wright and Philip Seymour Hoffman take coffee

Issa Karpov (Grigoriy Dobrygin) drags up on the shores of the German port and claims he is heir to a fortune. The Muslim, bearing scars of torture, could be used as bait for bigger, badder fish, think the intelligence services.

Rachel McAdams, Issa's naive lawyer, might be the lure and Willem Dafoe's rogue banker could be the reluctant go-between if all goes well.

The plan has to be set up and signed off. This is Gunther's arena. He is a nudger, a nurrler, a chess player. He knows hard ball and soft sell. He also understands – through bitter experience – a sting operation can sting both parties. Robin Wright's slick US attache reminds him of that.

Slowly, the deal comes together with Hoffman huffing and puffing at its heart. Is that melancholy? Loneliness? Optimism or its opposite? The clues to the man are there but never shouted.

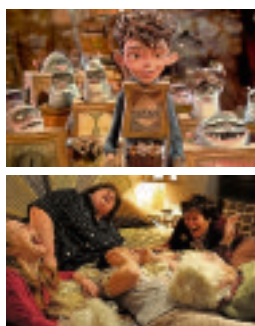
Patience is needed. Patience from Gunther and patience from the viewer. The viewer will be rewarded. And Gunther? Wait – and wait – and see.

Giles Broadbent

Our verdict

A leading role to match the man – and remember him by

★★★★☆



SCREEN

★ Based on the children's novel *Here Be Monsters*, **Boxtrolls** (PG, 97mins) sees a young orphan boy called Eggs raised by quirky mischievous trash collectors who happen to inhabit boxers. His adventures do not end with his discovery by these sewer-dwelling creatures.

No, he must also save his friends from an evil exterminator, all captured in delightful 3D animation (from the

people behind *Coraline* and *Paranorman*).

In the spirit of *The Full Monty*, **Pride** (15, 120mins) shows working class hardship as feisty and fun. Based on a true story, it tells of an extreme culture clash when a London-based group of gays and lesbians linked up with (initially reluctant) striking Welsh miners, finding common ground in their loathing of Margaret Thatcher.

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Focus

Independent schools

Why diamond is girls' and boys' best friend

System splits girls and boys for middle years to help them get most from school

Rachel Bishop
@wharf.co.uk

Forest Hill, according to its head of communication Humayon Pramanik, is the only school in London to operate a "diamond" structure.

This means it takes children in at four years old at the prepatory level, where the classes are mixed sex. Then, after seven, pupils are taught in single sex classes until they are 11.

Then in senior school, from 11-16 pupils remain in single sex classes until they move into the sixth-form where classes are mixed again. The gender divide persists in the houses, however, all the way through to 18.



Forest Hill caters to boys and girls

Humayon said: "When girls and boys are split in the classroom, they often take more risks within single sex classes than they may in a mixed class."

"This is because at this age, they may not get up and try something in class or speak out because they may feel more embarrassed in front of a member of the opposite sex."

"We also find from both sides they will be more likely to take up an activity or subject that is considered

more closely linked with one gender – so drama can be generally more taken up by girls, or certain sporting activities for boys – you see girls take up sports that, in a mixed class, they may be less likely to."

The school was established back in 1834 as an all boys school, changing to a mixed school, with the diamond structure, in the 1970s.

Humayon says the focus on grades is always a priority to ensure both genders are performing equally, but adds that there is little difference between the grades.

He said: "We find the boys achieve slightly more of the very top grades than the girls, but the girls are more consistent in achieving high grades – the difference is very slight though."

The school has numerous activities and events in the coming term, but next year there will be a big change when head Sarah Kerr-Dineen leaves for Oundle School and is replaced by Antony Faccinelle.

Go to forest.org.uk for more information.



Students in the sixth form and at preparatory level are in mixed classes

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Focus

Independent schools

TOP TIPS



★ **Head of Year Seven Philippa Cooper provides eight tips on how parents can help their daughters make a good transition to secondary school.**

■ **Do your homework:** Go through all documentation supplied by the school and familiarise yourself with its procedures and rules as it may be very different to those you have been used to at junior school.

■ **Be confident and supportive:** Being reassuring and positive is especially important for the first day but also essential during the run-up and in the first few weeks while your daughter settles in.

■ **Get organised:** Establish a routine from day one and get your daughter to put up copies of her weekly lesson and homework timetables in her room and

somewhere you can both check them.

■ **Travel smart:** Try out any new travel routes at least once so that you are both confident of them and make sure your daughter knows your contact details, the school's numbers and who to contact if she gets held up on public transport.

■ **Care and attention:** Make sure your daughter eats well and gets plenty of sleep. **Keep it real:** While much may be changing in your daughter's daily life, try to keep some continuity outside school.

■ **Don't push:** Don't expect to be told everything immediately.

■ **Allow your daughter to tell you things in her own time.**

■ **Stay in touch:** Take advantage of any opportunities you are given to keep in contact with the school.

Strong results have put school on a high

Great performance in GCSEs and A-levels is the result of tremendous support

Rachel Bishop
@wharf.co.uk

Sydnam High School Girls Day School Trust, for students aged four-18, has begun its new year on a high after celebrating positive GCSE and A-level results this summer.

The school, which has been educating youngsters for more than 125 years, is situated within easy reach of Canary Wharf and the City thanks to the recent opening of the Overground rail extension.

The school celebrated a 100% pass rate in its recent A-level results, with 40% securing A* and A grades.

GCSE results were just as positive, with 65% of students gaining A* or



Sydnam students celebrate their GCSE results this summer

A grades and 29% achieved A*s, with three girls gaining 10 A* grades each. One very happy GCSE student was Katie Mills, who not only achieved two A*s and eight As, but was also awarded a nationally sought-after Arkwright Engineering Scholarship, which identifies her as one of the country's future leaders in engineering and technical design.

Kathryn Pullen, Sydnham High School's headteacher, said: "I am so

proud of our girls in achieving these great results. They've all worked hard and had tremendous support from their teachers and parents.

"Their achievements are just the beginning of a bright future."

Sydnham High School has open events throughout the autumn term starting on September 20 for the senior school and September 27, for the junior school.

Go to sydnhamhighschool.gdst.net.



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Girls' Day
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GCSE student Katie Mills with Sydenham High School headteacher Kathryn Pullen



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Take 5 / Page 71



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Weds 1 October 9.30-11am

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Focus

Independent schools

Q&A

Julie McCormick
HEADTEACHER

Headteacher of The Pier Head Preparatory Montessori School, Julie McCormick talks about the benefits of the school's location near Canary Wharf in Wapping. She has just taken over as head after teaching for more than 18 years in Montessori and in Key Stage One and Two.

■ How does it feel to be headteacher at Pier Head?

I am very excited. We teach using the Montessori philosophy and the objectives of the National Curriculum.

For me, it is the perfect blend of education with every child given the opportunity to work as an individual and learn at their own pace.

The environment here is amazing with views of the Thames from almost every window and big classrooms

that are airy and bright. It's perfect for learning.

■ What benefits do you find being located close to Canary Wharf?

There are many advantages. For example, the wonderful Museum of London Docklands offers children the chance to learn the history of their area.

Also for the parents, whether they are living or working in Canary Wharf, we are close enough for them to be able to walk their children along the Thames Path directly to Pier Head

■ Where's the catchment area for the school?

As Pier Head has such good transportation links, with Wapping Overground only five minutes away and the DLR about the same, the school is well situated for parents working in the City, Canary Wharf or even the West End. There are also various bus routes and walking paths along the Thames, so we have a wide catchment area.

Many of our students live in Wapping or in the borough of Tower Hamlets. Additionally we are also lucky that parents have access to free parking while dropping off their children.

■ Tell us about something unusual the school does.

Zoology and botany come under the cultural area of the Montessori



Headteacher Julie McCormick took over the school this year

classroom, which covers a variety of subjects, including geography, science, and history.

In zoology we focus on teaching the children about animals and the

divisions between the vertebrates and invertebrates.

An example of how we would teach the children about invertebrates would be to collect insects from our

5

Minutes is the time it takes to walk to either the DLR or Overground stations from the school opening it up to parents working across London

garden and observe them. We would also use nomenclature cards as a way of teaching children parts of an animal.

Through our lessons we try to spark an interest in zoology and botany from a young age.

Art and music are also considered a part of the cultural area of the classroom and we focus on these too.

■ What's coming up in this term?

We are studying in history through toys from the past so we will visit the V&A Museum of Childhood in Bethnal Green.

We will also celebrate book day and invite parents to come in and read their own childhood favourite story. There then will be Bonfire Night, so we will be making our own special bonfire night pictures and, of course, teaching the children the history of Guy Fawkes.

For more information about the school go to thepierheadprepmontessori.com

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Fashion

SPEND Is investment better than cheap threads? Rachel Bishop dives in smart

Want to do the new season without breaking the bank? We all know the more you pay with fashion, the better the quality, cut and look.

But sometimes when you're saving for that dream house (well, poxy one-bed – we are in London after all), holiday or yet another friend's wedding, a bargain is oft appreciated.

Personal shopper Carlene Noel says that a mix of bargain and investment fashion is the best way forward.

BLUE DAYS

£70 total spend



Almari blue peat neck blouse, £32
New Look
Westfield
Stratford City
newlook.com

Check trousers, £38
Next
Canada Place Mall
next.co.uk



MOD ALONG



Kimono, £32, Top, £45
Trousers, £22, Bag, £45
Next, Canada Place Mall
next.co.uk



Colour block bodycon, £13
Zip front boot, £16
Primark
Westfield
Stratford City
primark.com

White sheer blazer, £28
New Look
Westfield
Stratford City
newlook.com



£144 total spend

£57 total spend

NORMCORE



INVESTMENTS

Lindsay black leather shoe, £168

Pretty Ballerina
Jubilee Place Mall
prettyballerinas.com

Best of British coat, £299

Marks and Spencer
Westfield
Stratford City
marksandspencer.com



HAIR TODAY

★ Seanhanna in Jubilee Place Mall is handing the scissors (figuratively) to its customers in its new Your Cut, Your Way service.

A spokeswoman said: "The success of your haircut is largely down to the time spent before the actual cut, establishing what you would like and what best suits you. What you would like is of course a personal preference, but in terms of what best suits you, there are five key considerations – eyes, forehead, jawline, hairline and shoulders."

The service includes a complimentary consultation. Go to seanhanna.com.

SERVICE OFFER

★ Book your AW14 wardrobe update with Carlene now to receive a complimentary hour of personal shopping. Quote ref: TW01 when calling 07950 351 454 or emailing cn@carlenenoel.com. Go to carlenenoel.com for more information.

the Wharf Wedding Fayre

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Food



COOK WITH QUINTON BENNETT

Baked cod with mussels and king prawns

This is a great, quick recipe perfect for any occasion. It takes no time at all to prep and cooks in about 15 minutes so ideal for a speedy mid-week supper. Serves 4

Ingredients

600g cod, cut into four fillet portions
8 mussels
4 king prawns, raw, shell on
80g butter, cubed
200g samphire
10g smoked paprika
200ml white wine
4 sprigs of thyme
10 cherry tomatoes, halved
4 cloves of garlic
4 sheets greaseproof paper cut into 45x30 rectangles
20ml olive oil
Salt and pepper

Method

Preheat the oven to 180C. Fold each of the rectangles of greaseproof paper in half and then open out again.

On the right hand side of each, place the ingredients in this order (per parcel) – 50g



The parcels should look like this before they go into the oven

samphire, one fillet cod, two mussels, five cherry tomato halves, one clove of cracked garlic, one prawn on top of the cod and finally one sprig of thyme on top of the prawn. Season each parcel with a pinch of smoked paprika and salt and pepper.

Then drizzle with a splash of olive oil, add 20g cubed butter, and drizzle over 50ml

of white wine. Fold the left hand half of the paper over the top, and turn the sides up, creating a parcel.

Place the parcels on a baking tray in the hot oven to bake for 12-15 minutes.

The mussels should have opened fully and the fish should be cooked through. Simply tear open the parcels and serve.

Quinton Bennett is head chef at The Gun, 27 Coldharbour, Docklands, E14. Go to thegundocklands.com.

Why I prefer to get my oysters from the coast of Essex

INTERVIEW Corrigan talks shellfish with **Beth Allcock**



Bentley's Oyster Bar and Grill offers a wide range of molluscs from various sources

Irishman Richard Corrigan is the patriotic sort. But the Mayfair chef is honest too. He may have shucked his first oysters on the shores of Galway Bay but he's not afraid to admit a preference for Essex molluscs as they come into season this month.

"I have to tell you, the English are my favourite," he said.

"Colchester oysters are my favourite in the whole, wide British and Irish isles.

"The Galway Bay oysters are delicious. I won't criticise my own, but I'm afraid it's the British influence of the Colchester that's my favourite flat oyster to arrive into Bentley's Oyster Bar and Grill – they give me a smile that goes from ear to ear.

"It's important where you get oysters from. They all have the flavour characteristics of the marine environment they come from.

"The more you taste, the more knowledge you have, and a greater appreciation of the natural creation."

The Michelin-star chef classes himself as a "custodian" of Bentley's.

Since he took the helm eight years ago, he has been strict about only sourcing wild, fresh fish, and has ensured the start of the native flat oyster season in September is an annual diary date for regular diners.

"It's an important time," said Richard. "The

wild native flat oysters are something to behold, they're something quite wonderful and delicious.

"In the last 10 years I have found interest in oysters has grown rapidly, as well as people's knowledge of food in general.

"People know what they want now – they come to Bentley's because they know they want a Colchester or a Galway and they have accumulated all this knowledge over many years of tasting each."

He said tastes could change season by season and that the Loch Fyne variety, a relatively recent discovery, was getting "better and better".

Wharfers can get to grips with the slippery customers themselves on Saturday at a hands-on masterclass led by Corrigan's Oyster Boys.

As for advice on how to consume them, Richard said: "We make it so much fun in the masterclasses, people really

enjoy it. I always say – open wide, bite once and enjoy the sensation."

The masterclass takes place from 10.30am-2.30pm and costs £120pp. It includes oyster shucking and tastings, a glass of Champagne and a three course meal with wine pairings.

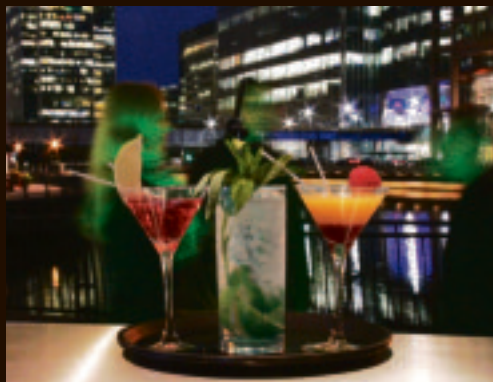
Guests take away a goody bag, recipe cards and an oyster knife.

Go to bentleys.org for more information.



Richard Corrigan

AMERIGO VESPUCCI



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BILLINGSGATE SEAFOOD TRAINING Learn to buy and shuck

★ Billingsgate Seafood Training School offers a Morning Catch course at the market, where participants learn how to shuck and select oysters as well as purchase them – alongside other fish – on the trading floor.

Wharfers are advised to book quickly – the only three-hour session left this year is on December 19. The course costs £55pp and starts at 6.15am.

Go to seafoodtraining.org.

BRAVAS Cooked oyster treats

★ Spanish restaurant Bravas is serving up oysters with a twist this season.

Victor Garvey, chef at the tapas restaurant in St Katharine Docks, has created the Oyster Fritura (£6). The molluscs are shucked, cleaned and battered with their own juice and flour before being fried and topped back into their shells. They are then topped with garlic, sautéed spinach, dry sherry butter sauce, toasted flaked almonds and caviar.

Go to bravastapas.co.uk.

Simon Tully favours two or three chews before swallowing

KAY LOCKETT



Oyster do's and don'ts

★ Simon Tully, chef at Waitrose Steak and Oyster Bar in Canary Wharf, serves up 120 Scottish Rock oysters every day. Priced at £8.50 for six, they're accompanied by a shallot and red wine vinaigrette and fresh bread, and available all year round. He tells **Beth Allcock** his top do's and don'ts when both preparing, and eating, the shellfish.

Do let's

- When you're buying oysters, always make sure the shells are closed. Discard any that are open immediately.
- Make sure the oysters come to the table straight from the fridge and have been stored at 5C or less.
- They should have also been kept so the flat of the shell is upright.
- Serve the oysters with a touch of lemon or the shallot and red wine vinegar in a dish on the side.
- When eating, cut the oyster free, tip your head back, pour in the whole oyster and chew two or three times before swallowing.

Just don't

- Buy too many. If you're dishing up at home, stick to buying six or 12, as oysters don't have a very long shelf life and will soon be past their best.
- Attempt opening the oyster shell with anything other than a proper oyster knife and, if possible, wear a chainmail glove.
- Cook them. You can, but Simon believes they're at their best raw.
- Serve up with a strong accompaniment, like tabasco, or it will mask the natural flavour.
- Knock back a spirit as you shuck – a white wine from Burgundy or a Sauvignon Blanc cleanses the palate best, or a flute of Champagne.

Go to waitrose.com.



Make sure you use the right equipment



OYSTER CATCHES

Boisdale Oyster Bar and Grill

Cabot Square
■ While the lavish bar is a feast for the eyes, it's the shellfish that do the talking here. Lindesfarne and Jersey Rock oysters abound, served alongside a shallot and red wine vinaigrette with lemon, starting at £14.50 for six.
Go to boisdale.co.uk.

Plateau

Canada Place
■ Head to the opposite end of the estate for a starter plate of molluscs from Colchester in Essex.
Available on Plateau's A La Carte menu, you'll be treated to six with a shallot vinegrette and lemon, for £13.50.
Go to plateau-restaurant.co.uk.

Get fresh with the fruits of the deep

REVIEW

Seafood Festival

Memsheb on Thames

Forgive chef Moni Das if he's had bags under his eyes these past few weeks.

The man behind Memsheb has been all too familiar with London's sunrise, arriving at Billingsgate Market every day at 5am to pick up fresh ingredients for the annual Seafood Festival.

But this early-morning pain has translated into a very tasty gain for diners on the Isle of Dogs.

While the dishes vary – depending on the daily catch – for our lunch we were met by a pleasingly long list of options.

Chef Moni's dark circles may well have deepened as my pal revealed she was appre-



Sea bass fillets come complete with a warming buzz of spice

hensive of fish and spices and I unveiled my list of allergies.

But there was no floundering, partly as the sauces for his dishes are all made by him fresh and so can be altered to order.

My hearty main of succulent sea bass fillets was tweaked so the creamy lentil sauce was absent of red fruit (£17.95).

But there was no flavour compromise as the chunky grilled fish had a warming buzz of spice – a perfect pairing for a sharp veggie rice.

This was followed by a pair of white crab cakes (£6.95)


where mustard seeds and ginger added a refreshing zing against the silky soft hunks of shellfish.

If there's one foodie festival not to miss out on this summer, this is it – but hurry. It ends on Saturday.

Don't worry too much though as fish is available every Friday and Saturday evening.

Beth Allcock
Memsheb On Thames, Amsterdam Road, Isle of Dogs, memsheb.net.

★★★★☆



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Health

RETREAT

Enjoy classic getaway to help tackle your weight



The tree-lined entrance to Champneys Health Spa in Tring

Champneys Health Spas' luxury resort in Tring has collaborated with personal training duo Xander Conditioning for a two-night workshop on fat reduction next month.

Guests will be introduced to BioSignature Modulation software designed to identify an individual's hard-to-shift fatty areas and corresponding hormonal imbalances.

Specific advice on exercise and nutrition is then given based on its findings in a bid to correct any problems.

Sessions across the three days also include resistance training, information on exercise myths and methods, interval workouts and advice on healthy eating.

A focus on the latter also sees nutritious buffet style meals, refreshments and snacks scheduled throughout the day.

For a touch of luxury, daily spa treatments and one to one consultations are also available.

From October 24-26. Prices start from £350 with the spa an hour's drive from London.

Go to champneys.com.

MY DETOX DIET

Corporate in-office cleansing launched

★ Get yourself and your colleagues feeling fresh with a bespoke corporate detox plan.

Greenwich-based My Detox Diet has launched its new juice diet specifically for busy Wharfers. It claims its day or week-long programmes boost employees' energy levels, productivity and could reduce a firm's healthcare bill.

As well as the Corporate Cleanse, the brand has also unveiled a catering arm that can provide healthy food for business workshops and staff training days.

Go to mydetoxdiet.co.uk.

Why flexing in a field can be perfect rat race escape

RETREAT Isle of Dogs resident runs yoga trips to Italy and Dunwich, writes **Beth Allcock**



Above, two participants practise yoga in a field on a Dolomites retreat led by Amanda Corsi, below

This summer, Amanda Corsi introduced her Wharf-based clients to a very different form of Vinyasa yoga.

Instead of practising postures with her in the familiar surroundings of their office gyms, they took their mats to the Dolomites.

The group spent a week sharing sun salutations with local animals, relaxing amid the mountains and working up a sweat in a studio perched 1,500m above sea level.

It was the 39-year-old former banker's first series of retreats, combining two of her biggest passions – yoga and the Italian peaks.

The two, week-long trips proved so popular more have now been scheduled.

While those keen for an out-of-office meditation break to Italy will have to wait until June, a UK yoga weekend is planned for November.

The Isle of Dogs resident said: "Connecting with nature is a big thing.

I always think if you feel a bit down and look at the mountains, it helps.

"Lots of my Wharf clients come down for a 45-minute session, do yoga and the mind clears.

"Then they go back up to the office and re-connect with everything they are doing.

"The retreats are an amazing opportunity to do yoga in the mountains, go for a beautiful walk and just relax and totally re-charge.

"Most people on the first retreat were in a high level at work, they have successful jobs and just decided to switch off their phones and escape.

"Because I come from a banking background, I can see what they're like and how they were making that time to let go. They loved it."

The UK retreat will take place from November 7-9 at The Bridge Barn in Dunwich.

Amanda hopes the time and



How would yoga help a busy working Wharfer?

"A lot of my Wharf clients come down for a 45-minute session, do yoga and the mind clears. They go back to the office and re-connect with what they are doing."

location will offer a good compromise for busy Wharfers who want to get away.

Participants will arrive for an evening of soft yoga followed by more intense sessions on Saturday and Sunday mornings. Saturday evening will be taken up by slower-paced Vinyasa.

For those planning next year's diary, two retreats in the Dolomites are scheduled for late June and early July 2015.

The Bridge Barn Retreat costs £80pp excluding accommodation. Go to docklandsyoga.com.

Go overseas for a health hit

Find a fitness fix amid cascading water features and lakes at Morocco's Palais Namaskar.

The luxury Marrakech hotel's new five-day Champion Spirit Retreats form part of its Earth and Health wellness programmes.

Jet-setting Wharfers fond of an intense workout will be under the guidance of world champion Thai boxer Abdoulaye Fadiga as he sets challenges to increase fitness and strength.

Participants will face circuit training, extreme core workouts, running and rock climbing.

Added into the mix are hikes and extreme mountain biking in the Atlas Mountains as well as ziplining.

The healthy activities also link up with the hotel's restaurant.

Executive chef Antoine Perray will use produce from the hotel's plantation to whip up special menus created by a nutritionist as well as its organic detox juices dubbed Berber and Master Clean.

The next Champion Spirit Retreat runs from November 6-11 and costs 3,880 euros, which covers activities and five nights' accommodation. Go to palaisnamaskar.com.



The pool at the Palais Namaskar hotel, where the retreat takes place

Travel

A terrible case of bad Manor



WALES On a fishing trip, Jon Massey finds a resort that needs slating

Everyone should stay at the Celtic Manor resort once. You find yourselves in a bed once occupied by Obama, Merkel or one of the less fragrant Nato leaders following the recent conference. Also it's perfect for road-testing your spatial awareness.

I was going to use the word "vast", but four letter words are inadequate for its size. It operates a fleet of minibuses just to ferry guests around the kingdom.

International Space Station residents have trouble working out which is bigger, the resort or South Wales.

Its carpets would, doubtless, reach the orbiter, if stretched out end to end. Even then, there would be enough left over for an extravagant bow.

I wouldn't bet against this being on Celtic Manor's list of expansion projects. After all, it's already in the satellite business.

The Newbridge On Usk is a pub with rooms. Formerly the property of DJ Chris Evans, it has been Celtified. Although we are staying in the resort proper, we've been invited to try out its fishing experience.

It's 20-odd minutes' drive from the main arcology and sits high above the river next to a bridge.

Irrepressible gillie Brian Press, a patient man who I suspect finds us city folk quietly exasperating, proves an excellent guide.

The fishing may not be to all tastes but you may as well do it with an expert (see panel). As for the pub, it's a mixed bag. Fine for fly fishing, but real



Top, the imposing bulk of the main Resort Hotel in Newport
Above, fake slate at the Newbridge On Usk

flies in its dining room irritate. While the fishy dishes we try are good, my steak is tough, chewy and overpriced. Worse, it arrives on a mockery of slate. In Wales.

It's not entirely the pub's fault. It's been consumed by the leviathan. With such size comes the consequence of bulk deals.

In the three restaurants we try the menus have clearly been manufactured by the same firm and designed with the same fonts despite the difference in style.

This is a place of global negotiation and I'm not talking about Nato. As a result individual passions are eroded.

Staff get used to serving second best for a premium.

Supplements on the menus speak of all-inclusive deals. The place has a feel of quantity rather than quality. The paint on the windowsill of my huge suite of rooms – probably among the most expensive in the place – is cracked and peeling.

This great ship is running on cruise control and not paying too much attention to detail.

I suspect investment goes on major infrastructure. It's good quality when it arrives but is then left to decline until it's time for replacement.

There are positives. My massage in the spa is pleasant and the golf courses appear well turned-out.

Also eating 1970s revival cuisine at Rafter's restaurant is a fiery, flambe riot of camp.

But overall, it feels like the wheels will keep turning simply because they must, the army of staff will keep chipping away at chirpy and the guests, constantly lost due to the place's size, will keep overpaying.

Perhaps a visit from Putin might shake things up.



Sad sight: Despite the grin, Jon won't be doing this again

Why I won't take fish out of water for sport

On waking I'm hungry. I get up and stumble into my kitchen in search of food. Dimly I remember I've already eaten everything that might provide sustenance, but there's always hope.

And then, I see it. A steaming pain au chocolat sat by the open window.

I've no idea how it got there but I'm ravenous. I pop it in whole, expecting the warming embrace of flaky pastry, oozing molten chocolate.

Instead it doesn't really taste of anything. Odd, but no matter.

Disappointed, I turn to leave the kitchen but find I can't. A hook is wedged in my mouth attached to a line trailing out of my window.

It tightens and I'm pulled towards the portal. Unable to offer much resistance I scramble over the work surface then drop out hoping to buy some time.

I wrap my body round the line but it jerks, cutting into my flesh. I fight a little more but wind up being dragged down the street.

In the end I give up and simply go where I'm pulled. The line leads down into the canal.

Giant fins curve up around my now still body and pull me down into the depths. I can't breathe. I cough as water enters my lungs. As I'm held limply, I'm dimly aware the hook and line are removed.

The fins grip me and there's a bright flash. Then, after a little time, I'm dumped back on the bank, bloodied and gasping.

The fins hold me, massaging the water out of my lungs and then recede. I'm free. I get up and run back to my flat.

"Catching a man is an art," remarks one of the inhabitants of the canal. "It's all about stealth."

The next morning four pain au chocolat and a croissant are by the window.

This is not a condemnation of those catching fish to eat. And I'm being disingenuous in that the option to keep and kill the salmon I helped land was there. But I had little need for it so it was returned to the river.

There's another problem too. Although many who know me would probably liken my cognitive abilities to those of a gormless trout, I don't really believe we've any idea what being caught feels like for the fish.

What I do know is that I wound up plucking a fine, powerful beast from its habitat, causing it to thrash about and lacerating it with my line.

Then I grinned like an idiot behind it for the photo. Had this been a step in the process of slaughter for consumption, I could accept it as a necessary evil. But, as it wasn't, I fail to see the sport in it.

With the waters of the Usk flowing round my waders and the clouds rolling down off the hilltops, Wales' scenery is fresh and exhilarating.

Next time I'll be leaving the fish in the river. It's more beautiful that way. **JM**



The Newbridge On Usk pub, now owned by Celtic Manor

FACTFILE

- Jon stayed at the Celtic Manor Resort hotel, which has rooms from £99 on a B&B basis
- The Newbridge On Usk has rooms from £79 B&B.
- The fishing trip Jon went on was on a one-to-two basis. Trips start at £35pp and include tea, coffee and pastries on arrival, the dedicated services of a trained and

qualified local fly fishing instructor, your day permit for the fishing location, your day Environment Agency fishing rod licence. It also includes loan of all the necessary fly fishing tackle, waders, flies etc. as well as complimentary transfer from the Celtic Manor Resort. Go to celtic-manor.com for full details.

LondonEYE



The Tall Ship JR Tolkien sails past the Thames Barrier



The Tall Ship Tectona, built in India in 1929, is moored at Greenwich



The Tall Ship Stad Amsterdam sails past Canary Wharf



The masts and cables of a Tall Ship and The O2



The Tall Ship Dar Młodzieży sails under the Emirate Air Line in Docklands

TALL SHIPS FESTIVAL

Community



■ The new Church of England Bishop of Barking, the Rt Rev Peter Hill, pictured left, was installed at a special service in Chelmsford Cathedral on Sunday in a service led by Stephen Cottrell, the Bishop of Chelmsford. Bishop Peter's diocese covers east London. He was consecrated in July in St Paul's Cathedral.

ISLE OF DOGS

Plan to give arches a new lease of life

PLANS have been put forward to turn disused railway arches at Millwall Park into a cafe and restaurant.

The structure, formerly part of the DLR network, houses Millwall Rugby Club which could be joined by a charity-run initiative.

The Docklands Settlement and Island Sports Trust is behind the proposal, which also includes a single storey extension.

The trust said it would be a "community facility run by residents, for residents".

CHRISP STREET FESTIVAL



Revellers at Life's A Beach, the theme of the Chrisp Street Festival

REHAN JAMIL

Office block overhaul

PLANS for 1,500 new homes in blocks ranging from 10 to 38 storeys will soon be on show to the public.

"Underoccupied" office blocks in East India Dock - including the current Tower Hamlets Council Town Hall - will be transformed into homes by London investor Criterion Capital.

The current proposals will also provide space for new cafes, shops, a gym and a new urban park, as

well as space for small and start-up businesses.

Michael Hughes, of Criterion Capital, said: "Our proposals will provide new homes, employment space and a new urban park."

An exhibition will be held next Tuesday (September 16) 12-4pm and Wednesday, 4-8pm at Lighterman House, E14 2BB.

Go to eastindiadockconsultation.com.



An artist's impression

NEWHAM

3 years for phony 'Good Samaritan'

A FAKE "Good Samaritan" will spend the next three-and-a-half years behind bars after he targeted a 24-year-old French woman in a violent robbery in Canning Town.

Adebowale Mafo, 28, pictured, of East Ham Manor Way, E6, persuaded the woman he would help her move home but then attacked her for the tenancy deposit. He also took her mobile phone, which was used to trace him.

He was handed the sentence at Snaresbrook Crown Court on Friday.



BLACKWALL

Police looking for van stolen near DLR

BRITISH Transport police are appealing for witnesses after a Serco van was stolen from outside Blackwall DLR on September 2 in the morning.

A BTP spokesman said: "Officers are checking CCTV from the station and a bus, but we want to hear from anyone who might have seen something suspicious around that time."

Contact British Transport Police on 0800 405050, or text 61016, quoting reference 149 of September 2.

the Wharfquiz

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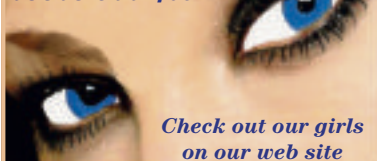
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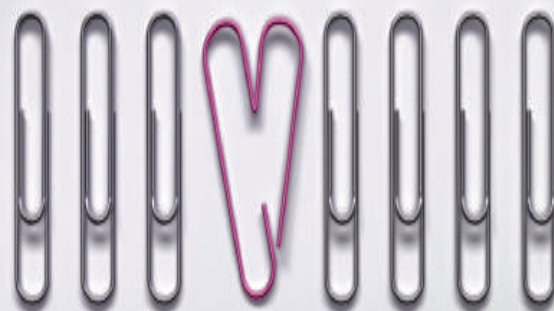
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Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

Let all that is lost be forgotten. Move on to the great future that is waiting for you. News on someone in your working life can show you the best way.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

A loved one is asking things of you that are beyond the call of duty. Don't be afraid to speak your mind. You've been a victim of emotional blackmail too many times.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

A sudden change of finances sees you with an array of choices and more freedom than you've had in weeks. Think before you spend. Choose wisely.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Someone you thought no longer cared for you is about to prove you wrong. Talks in business help you finalise important deals and light the way ahead.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

You're mixing with people who can really help your career. Don't forget to put your ideas forward. There is nothing you want which you cannot have Gemini.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Try to stick to plans and resist the urge to cancel what you were supposed to be doing. Someone has finally worked up the nerve to tell you their thoughts.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Valuable insight into the way your close one's minds works helps you to understand why events went the way they did recently. Mark it well Leo. Take note.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Listen to what your close ones are asking of you. Aspects suggest what they want is more important to them than you will at first believe. Put yourself out.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Pain is worse when you bring it on yourself. You've been through a lot. Cut yourself some slack. Move on and focus on what you've learned Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Family want more of your time than you are willing to give, but somewhere there is a happy compromise to be found. Talks will help establish it.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Understanding your loved ones has not been easy in recent days and weeks. They have done and said things which some would find unforgivable. Be big.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Finally, you're starting to take care of yourself and respect who you are. It took a long time, but I hope you like the new you as much as I do.

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Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

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Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

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★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

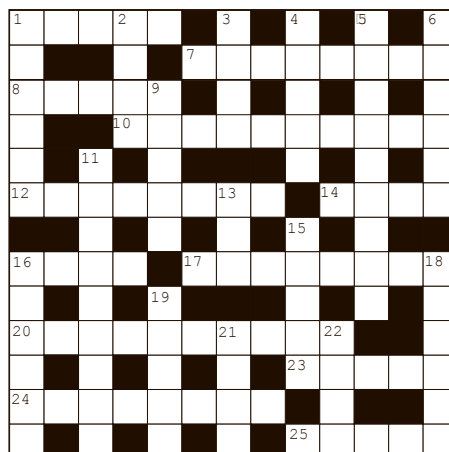
To be in with a chance of

winning, just tell us the name of the actor who stars in tense spy thriller *A Most Wanted Man*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is September 18. You must include your name and address.



Crossword



ACROSS

1. Personnel (5)
7. Furniture item (8)
8. Notions (5)
10. Art of good eating (10)
12. After-effects of alcohol (8)
14. Intend (4)
16. Financial institution (4)
17. Unnecessary (8)
20. Note value (10)
23. Perch (5)
24. Careful, prudent (8)
25. Ague (5)

DOWN

1. Exchange (6)
2. Become weak or tired (4)
3. Worry (4)
4. Thespian (5)
5. Gasholder (9)
6. Colouring stick (6)
9. Beautician's establishment (5)
11. Nameless (9)
13. Female sheep (3)
15. Loafer (5)
16. Divide into two parts (6)
18. Easy scoring chance (6)
19. Fit out (5)
21. Adjoin (4)
22. Thick cable (4)

DOWN: 1. Staff; 2. Switch; 7. Armchair; 8. Ideas; 9. Actor; 10. Gastronomy; 12. Hangover; 14. Mean; 16. Bank; 17. Needless; 20. Semiquaver; 23. Roost; 24. Cautious; 25. Fever.

Sudoku

EASY

3	9		4	1	2	7		6
	8	2	6	5				
	4	1			3	2	5	9
9				4	8	6	1	5
1	3	4	5	6	7	9	2	
5	6		9	2		3	7	
			2			6	1	
	5	3		8	6	4	9	7
8	1			9	4			

HARD

		6					1	
7	5		6		1			
3			2			5		
						7		4
			9	5	2			
						3		
		3		8		7		
	8		7				6	
9			5	6				

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

Wharf

THE FANS' ROAR

By Ian Toal

We will not be battling for survival

Millwall Supporters Club
millwallsupportersclub.co.uk

The international break provides a good opportunity to take a rest from the hectic schedule of matches at the start of the season and allows everyone to take stock.

Ten points from a possible 15 is a solid opening. The fact we beat Leeds at home and Fulham away shows the potential this team has.

We will not be battling for relegation all season like we have for the last two. Those ordeals took a lot out of the club and our supporters. There aren't many debilitating experiences for a football fan than going into the last match of the season with the threat of relegation hanging over you.

It's not all been positive however. We had a turgid home defeat to a Rotherham side who

look like they will be fighting at the bottom of the table.

Hopefully that will act as a wake-up call to the team. We are not the finished article yet and need to put in a lot of work to turn ourselves into contenders.

Manager Ian Holloway has changed the way we play football this season. There's much more short passing and possession and far fewer aimless long balls.

Goalkeeper David Forde starts this off by always looking to see who is available to give the ball short to rather than just whacking it down the field.

Pleasingly it looks like the players have been told to look for incisive passes rather than just tippy-tappy stuff that doesn't get anyone anywhere.

Last week we completed the signing of 28-year-old Spanish midfielder Angel Martinez on a one year deal. We shall see what part he will play in Holloway's plans.

I'm also looking forward to seeing another midfielder, Ed Upson, in action following his return for injury.

He's back in contention for Saturday's trip to Ipswich and having competition for places in midfield can only be a good thing. Let's see how he responds. Ipswich v Millwall, Sat, 3pm.

Youth players mark Great War centenary

RUGBY

Blackheath travel to France to honour the team's war dead

Rob Virtue
@wharf.co.uk

Blackheath Rugby Club have been getting involved in First World War centenary events in memory of those who lost their lives in the first battles.

This weekend, youth players from the south-east London side will be heading across the Channel to take part in a series of commemorative events hosted by Conseil General de l'Aisne and the town of Laon.

They will play in a tournament against local sides. In the matches, all players will wear the name on their shirts of a player who lost their life in the Great War.



Victims: Blackheath players CE Wilson, above, and RF Simson were killed early in the war

A Blackheath spokesman said: "Often described as the region of the 'forgotten war', the Aisne was where trench warfare first developed with many of the first battles between Allied and German forces taking place there

and where, from then-on, the subsequent entrenchment of the troops of all sides for the next four years, which so characterised the horror of the Western Front across France.

"The 'Rugby Players Trench' connects the loss of Britain's sportsmen, so early-on in a war that at that point, was expected to be over by Christmas, with the horrors of what became a protracted and lengthy affair."

Among those killed in the early part of the war were Blackheath's Scotland international RF Simson and England player CE Wilson.

London Scottish will be joining Blackheath on the tour with the sides laying wreaths at Simson's grave in Moulins and Wilson's in Paissy.

They will also be attending a service at the Basque Memorial at Craonelle on the Chemin des Dames.



TENNIS

Cheap tennis at Lee Valley

THE Hotshots junior coaching programme launches at the Lee Valley Hockey and Tennis Centre this Saturday.

Youngsters get 90 minutes of tennis tuition at the Olympic venue for £3.

Tennis development officer Richard Love said: "We want as many young players as possible to come down to the centre to play on our world class courts. We have tried to make it as affordable, easy and convenient as



Coaching costs £3 for 90 minutes

possible. No booking is required."

Participants will need to wear suitable clothing, bring trainers and water and be at the centre 15 minutes prior to the start of the session to register.

Every Saturday five to 10-year-olds can play from 11am and 12.30pm and 11 to 16-year-olds between 12.30pm and 2pm.

Go to visitleevalleypark.org.uk.

WEEKEND FLUTTER

WITH THE RACING POST

RACING

Saturday features the final flat classic of the season at Doncaster with the Ladbrokes St Leger. On the same card is the Ladbrokes Portland handicap over five furlongs. **Intrinsic** is chosen to return to winning ways. With Richard Hughes booked to partner the Robert Cowell trained four year-old, 10/1 looks great value. Intrinsic has won valuable races this year at Ascot and Goodwood and is likely to achieve more big race victories.
Joe Pollak



Neil Warnock's Crystal Palace are tipped to win

FOOTBALL

Neil Warnock looks a good fit for the **Crystal Palace** hot seat and could be celebrating the first win of his reign after Saturday's clash at home to Burnley. Palace played well in a thrilling 3-3 draw at Newcastle before the international break and may have too much firepower for Sean Dyche's hard-working Clarets side.
Dan Childs

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

the Wharf Cup

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5pm

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Spectators Welcome

Raffle to be run on the night to raise money for Tommy's charity.

For more information on the event or to book your team call Daisy Lewis on 020 7293 2272 or email daisy.lewis@trinitymirror.com